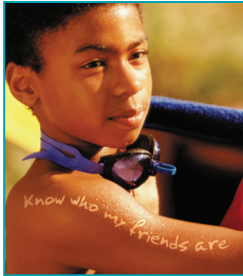


Lessons Learned from Washington's Healthy Youth Survey Results on Teen Drug & Alcohol Use Through 2004

Division of Alcohol
and Substance Abuse

<http://www1.dshs.wa.gov/geninfo/healthyyouth.html>



**Parents are
the best
anti-drug.**

- It's very good news that in all grades marijuana use has come down-especially among 12th graders.
- Since 1998 we've seen fewer kids using drugs and alcohol. [See charts.](#)
 - This is happening because the state and DSHS have invested in prevention strategies that are proven to work with kids-strategies that discourage experimentation with alcohol and other drugs.
- These strategies include providing responsible adult mentors and role models.
 - They teach kids to resist pressure to try drugs.
 - They work with families so parents know how to strengthen their relationship with their children, and talk with them about making healthy choices.
- But the new survey serves as a powerful reminder that far too many of our young people are using alcohol and marijuana.
 - We still have four out of ten 12th graders who use marijuana regularly.
 - More than four out of ten used alcohol in the past 30 days.
- Approximately 1,400 college students nationwide will die in alcohol-related incidents by the end of this school year.
- One in four 12th graders recently had five or more drinks in a row.

What we are doing about under-age drinking and drug use:

- To continue to reduce under-age use, we've developed an integrated approach in every county and with many tribes.
 - Prevention/intervention specialists are working in more than 700 schools statewide.
 - They find assistance for children who have substance abuse problems or are at risk of developing them.
- Our focus is to strengthen families by working with parents and kids to reduce risk factors that lead to drug abuse.
 - Parents remain the best anti-drug.
 - Parents need to set the example, starting early in their children's lives.
 - But they also need to talk to their kids and help them have a sense of belonging.
 - That's where we are putting a lot of emphasis in our combined strategies as a state – creating role models, educating parents.

Some reasons we're concerned about teen drug and alcohol use:

- People who end up dependent on life-altering, life-threatening narcotics start with marijuana.
- Most kids in publicly funded drug abuse treatment are there because of marijuana use.
- Marijuana puts kids at risk of failing in school, engaging in unsafe sex, developing cancer and other health problems.
- Children who abuse alcohol risk alcohol poisoning, car crashes, unintentional injuries, pregnancy, sexually transmitted diseases, homicide and suicide.